



# Tucson Community Supported Agriculture

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## Fall 2010 - Week 8 of 13

Harvest list is online

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*Many more recipes on  
our online recipe archive*

### Jack 'O Lantern Pumpkins

Yes, these organic Jack 'O Lanterns are edible. Very edible. These are not the bland and mealy Jack 'O Lanterns that you can buy commercially and which are indeed intended for carving only. And yes, when they are big, they can be a lot of food to handle. But they are worth every bite. Check some of the many recipes for pumpkin we have on our website. They include:

Caribbean Black Bean Stew  
Grilled Pumpkins  
Pumpkin and Black Bean Chili  
Pumpkin and Red Lentil Curry  
Pumpkin Cookies  
Pumpkin Ginger Custard  
Pumpkin Gratin  
Pumpkin Pie  
Pumpkin Puree  
Pumpkin Risotto  
Pumpkin Seeds  
Pumpkin Stew  
Pumpkin Strudel  
Pumpkin, Corn, and Chile Soup  
Roasted Pumpkin and Apple Soup  
with Walnut Cilantro Pesto  
Roasted Pumpkin Seeds  
Twice Baked Pumpkin Pie

You can also use many winter squash recipes, substituting pumpkin for the squash.

### Newsletter editors

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## HAIL DAMAGE

The hail storm of two weeks ago inflicted quite a bit of damage to the fields at Crooked Sky Farms. Windows get broken (both on vehicles and buildings) and crops were damaged, particularly the young greens. It will take time for them to recover. Since the greens were intended for our shares over the coming weeks, we may suffer from a lesser diversity of crops for a few weeks, until the greens have recovered.

## SWEET, CRUNCHY TOKYO BEKANA

Tokyo Bekana is the most satisfying of stir-fry vegetables: it's easy (requires no peeling), crunchy, nutritious, fast-cooking, and you get two different vegetables (leaf and stem) for the effort of one. Tokyo Bekana is low in calories and provides plenty of vitamin C, beta-carotene and a fair quantity of calcium. Also called Pei Tsai, Tokyo Bekana is a Japanese version of Chinese cabbage, but the texture of its leaves is actually more leafy: it resembles more the green bok choy than it does cabbage. It does taste a bit like cabbage, however, and lacks the strong earthiness of other greens such as chard, spinach, or beets. The crunchy stalks are smooth and flat and bear a vague resemblance to celery minus grooves or strings, and they have a mild, juicy sweetness that suggests romaine lettuce. Although you can eat Tokyo Bekana raw, cooking enhances it considerably, and it is excellent for stir-fries and soups. It takes just a few minutes to cook to a lovely crisp-tender texture. For stir-fries, there is nothing better: its stems turn almost creamy after cooking. Substitute Tokyo Bekana in any recipe that calls for the more commonly available bok choy.

## CARVING A JACK-'O-LANTERN

If you're willing to sacrifice an organic pumpkin to use as porch décor, then read on. No, you're not a bad person for wasting food. Jack-'o-lanterns are fun and eerily beautiful. Be sure to roast and eat the seeds!

Of course, most people already know how, but here are a few carving tips if you want to go creative:



- 1) Good, sharp knives are a must. You can also buy special carving instruments that often include little saws, which I've found helpful!
- 2) Make a sketch of your design first. Try a scary face or an animal face. Or forgo the face all together and make a Halloween scene involving bats, cats, ghosts and witches.
- 3) Be creative with your lid—it doesn't have to be a simple circle. Make jagged spikes for hair! Or maybe it's a skyline. Cut a V-notch or small air hole in the pumpkin lid to create a vent for heat and smoke—you don't want to cook the guy!
- 4) Use cut-out pieces of pumpkin as body parts like ears, tongues and hands. Stick them to the outside of the pumpkin with toothpicks, or offset them inside cut areas to create texture, and light and shadow when they are lit in the dark. (See photo.)
- 4) I've never done this but I've heard that moisturizing the external cut areas of your pumpkin with Vaseline keeps them from shriveling. Don't moisturize the inside, though – that stuff is flammable.
- 5) Keep it cool. Don't let your guy sit in the sun all day! He may shrivel or even rot.

### **Squash and Greens in Coconut Milk**

Sara Jones, Tucson CSA

This is a very simple, yet tasty recipe, with lots of room for innovation. If you like curry flavors, add more spices to the mix, sautéing them with the onions before adding the rest of the ingredients. You can also add tofu, garbanzo beans or cooked chicken for a complete meal, served over rice.

1 bunch CSA greens, cleaned and roughly chopped  
About 2 cups peeled winter squash, diced small  
1 inch fresh ginger, grated  
1 onion, sliced thinly  
1/2 teaspoon ground coriander  
2 teaspoons oil  
1/2 can coconut milk  
Red chile flakes, to taste  
Soy sauce, to taste  
Lime juice

In a large skillet, heat oil over medium high heat and add onion. Cook until beginning to brown. Add ginger, chile flakes and coriander and cook until fragrant. Add vegetables and coconut milk, plus about 1/4 cup of water. Bring to a low simmer and cook until squash is tender. Season to taste with soy sauce and a bit of lime juice.

### **Fried Green Tomatoes**

Lorraine Glazar, TCSA

1-2 tablespoons cooking fat (bacon drippings, olive oil, or canola oil)  
2 green tomatoes  
1/2 cup cornmeal or masa harina  
Salt and pepper

(Amy's suggestion: put more salt and pepper than you normally would be inclined to)

Core the tomatoes and slice into 1/4 inch slices. Heat the oil until it shimmers but does not smoke. Salt and pepper each cut side of the tomato slices. Dip each cut side of the tomato slice into the cornmeal or masa, then put into the hot oil. Cook the first side thoroughly over medium heat, until crust is crispy and tomato has begun to soften. Then turn and finish cooking the second side. Serve hot.

### **Pumpkin or Winter Squash Pasta-new**

Sara Jones, Tucson CSA

This recipe starts the same way as the Roasted Squash and Garlic Enchiladas, if you have a rather big squash or pumpkin, why not give both recipes a try during the week? This sauce is also excellent on a pizza, or you could try layering it in a lasagna. Don't be alarmed about using the whole head of garlic, it mellows with the roasting.

1 winter squash, cut in half, with seeds removed (you will only need about 1 and 1/2 cups of squash, use the rest in another recipe or freeze for later)

1 head garlic, rubbed in olive oil  
1 pound spaghetti, cooked  
1/2 cup wine, broth or pasta water  
Small amount balsamic vinegar and olive oil  
1/2 cup bread crumbs  
1/4 cup chopped walnuts  
1 teaspoon dried sage  
About 1 tablespoon olive oil  
Grated Parmesan, if desired  
Salt and pepper, to taste

Rub a generous amount of oil over cut sides of squash. Lay cut side down on a baking sheet, with garlic. Roast at 350 degrees for about 40 minutes, removing garlic after 20 minutes, until squash is very tender. Let cool enough to handle. While squash is cooking prepare bread crumbs. Heat oil over medium high heat, add crumbs and stir well to coat. Toast bread crumbs for about 3-5 minutes, stirring frequently, until beginning to brown. Add chopped nuts and sage and cook a few more minutes, until nuts smell toasted and crumbs are browned. To assemble the pasta, scoop squash flesh from skin and squeeze individual cloves of garlic from their paper. Puree in a food processor or mash well by hand. In a large pan stir together puree with cooking liquid of your choice, a dash of balsamic vinegar and olive oil, and season with salt and pepper. Add cooked pasta and stir well to coat. Remove from heat. Sprinkle individual servings with bread crumbs mixture and grated parmesan, if desired.

Note: The bread crumb and nut mixture is also delicious served sprinkled over cooked spaghetti squash.

### **Spaghetti Squash Latkes-new**

Sara Jones, Tucson CSA

If you are going to prepare a spaghetti squash, you will want to cook the whole thing at once, but you may not be prepared to eat it all at once. This is a great way to use up extra spaghetti squash that is already cooked. It is worth cooking a whole one just for this recipe, but remember the time it will take to prep and plan accordingly.

About 2 cups cooked spaghetti squash  
1/2 small onion  
1 tablespoon flour  
1 egg  
Salt and pepper  
Oil for frying

Mix all the ingredients together. Put a thin layer of oil in a skillet over medium high heat. Add spoonfuls of squash mixture, flattening slightly. Cook for about 3 minutes until browned underneath. Flip and cook until second side is well browned. Drain on a newspaper or paper towel. Serve with sour cream or salsa.